

A white outline of the state of Maine is centered on a solid teal background. The title 'maine youth drug & alcohol use survey' is written vertically across the center of the state outline in a dark teal, sans-serif font. The word 'maine' is at the top, followed by 'youth', 'drug &', 'alcohol', 'use', and 'survey' at the bottom. A white rectangular box with a thin dark teal border is located in the lower-left portion of the state outline. Inside this box, the text 'RESULTS RELATING TO:' is at the top, followed by 'alcohol', 'tobacco', 'other drugs', 'AND', and 'behaviors' on separate lines. In the bottom right corner of the teal background, the date 'NOVEMBER 2002' is printed in a dark teal, sans-serif font.

mAINE

yOUTH

dRUG &

aLCOHOL

uSE

SURVEY

RESULTS RELATING TO:

alcohol

tobacco

other drugs

AND

behaviors

NOVEMBER 2002

CONTENTS

	PAGE
Overview	1-2
How Often Maine's Students Use Drugs	3
Cigarettes	4-5
Alcohol	6-7
Binge Drinking	8-9
Marijuana	10-11
Inhalants and LSD	12-13
Emerging Trends in Drug Use (Ecstasy, Heroin, Oxycontin, Other Prescription Drugs)	14-15
Safety and Violence	16-17
Risk and Protective Factors	18-27
2002 MYDAUS Tables	28-29
MYDAUS Information	30

OVERVIEW

The 2002 Maine Youth Drug and Alcohol Use Survey (MYDAUS) is the latest in a series of drug and alcohol use surveys that were administered to 6-12th grade students. This summary provides highlights describing the use of alcohol, tobacco and other drugs, prohibited behaviors associated with drug use, and the risk and protective factors that influence these attitudes and behaviors. The survey population only includes youth that are in the public school system.

The most recent MYDAUS was administered in February, 2002, to over 56,000 students from 270 schools throughout Maine. All 16 counties participated in the survey.

This report provides a brief summary of the data collected by the MYDAUS. Two other sources exist for more detailed information: 1) The MYDAUS web-based reports system, www.maine.gov/maineosa/survey/home.php, where questions from the survey can be queried by state, region or county, and; 2) the MYDAUS Technical Report that is available either on-line at www.maineosa.org or through the Office of Substance Abuse's Information and Resource Center at 287-8900 or 1-800-499-0027.

PREVENTION SUCCESSES

In the area of alcohol use and smoking, Maine has been successful in having an impact on use by youth:

- The prevalence of cigarette smoking in the past 30 days among 6-12th graders has decreased 39% since 1995 with the largest percentage of change happening in the 7th grade from 15.4% in 1995 to 5.4% in 2002.
- Less than half (49%) of 12th graders reported drinking alcohol in the 30 days prior to the survey; down from 61% in 1995.

Other areas of improvement include perceptions of drug availability and feeling safe at school:

- The proportion of students at risk because of the perceived availability of drugs has gone down since 1998, from 48% to 43%.
- The proportion of students who feel safe at school has remained fairly constant with a small increase from 81.7% in 2000 to 82.6% in 2002.

WARNING SIGNS

Marijuana continues to be a serious problem for Maine students. Use among Maine students has been consistently higher than in the US as a whole.

In 2002, MYDAUS included questions regarding use of Ecstasy, heroin, Oxycontin and other prescription drugs for the first time. Thirteen percent of 12th grade students reported trying Ecstasy. Heroin use was higher among 8th, 10th and 12th graders than among US students in 2001. Ten percent of Maine's 11th graders reported trying Oxy-Contin. One in four of Maine's 12th graders tried other prescription drugs without a doctor's permission.

- Low perceived harm due to drug use is a risk factor for over 4 out 10 students (42%).
- There has been an increase in students who are at risk because of low commitment to school (50% up from 42% in 1998).

HOW OFTEN MAINE'S STUDENTS USE DRUGS

On the following pages, comparative data for annual use among 6th, 8th, 10th and 12th graders during the current survey year and the 2000, 1998, 1996, and 1995 years demonstrate trends in drug use and violence behaviors. Because different methodologies were used to administer these surveys prior to 2000 (see MYDAUS Technical Report available through the Office of Substance Abuse), caution must be used when comparing the results. However, certain trends stand out as worthy of attention and will be presented in this report.

For 8th, 10th and 12th graders, comparison to national student rates of drug use and violence behaviors demonstrates how Maine's youth rank against their counterparts who participated in the 2001 Monitoring the Future Survey (MTF), a national survey conducted by the Institute for Social Research at the University of Michigan. The MYDAUS and MTF surveys employ different methodologies and reflect different survey years, so it is important to use caution when comparing the results.

For more information on the MTF Survey, visit their website at
www.monitoringthefuture.org

CIGARETTES AND MAINE'S STUDENTS

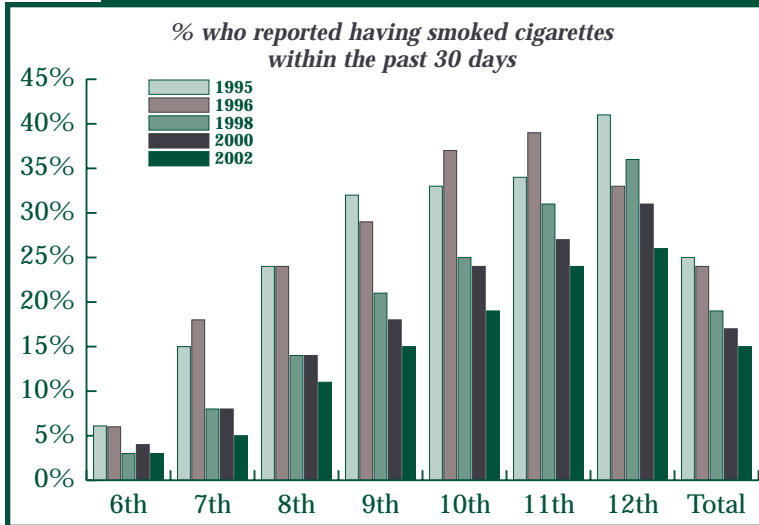
Grades	6th	8th	10th	12th
2002	2.8	11.4	19.3	26.1
2000	4.2	13.5	23.7	30.9
1998	3.3	13.6	25.2	35.8
1996	5.6	23.5	37.1	33.2
1995	6.1	23.9	32.5	40.6

percentage of Maine
students who have
smoked cigarettes
in the past
30 days

2002 MYDAUS	2.8	11.4	19.3	26.1	percent Maine
2001 MTF		12.2	21.3	29.5	percent US

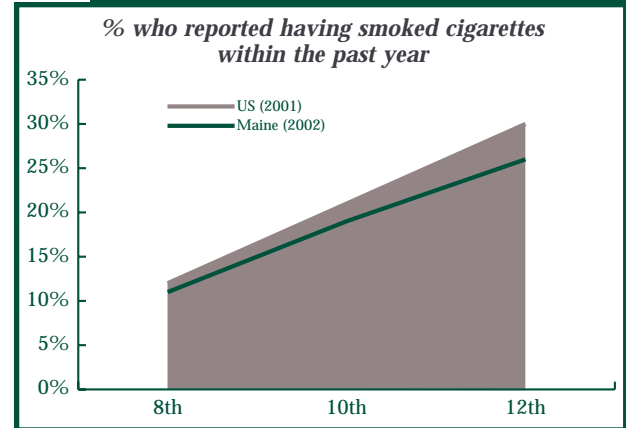
CIGARETTES

MULTI-YEAR COMPARISON



Note scale.

MAINE VS. THE NATION



Note scale.

Implications

The prevalence of cigarette smoking has generally declined steadily in all grades from 1995 to 2002. The greatest percentage change in smoking prevalence can be seen among 7th graders (15.4% in 1995 down to 5.4% in 2002). For all grades, the 30-day smoking prevalence declined by 39% during this time period (from 25.1% to 15.2%). The 1996, 1998 and 2000 MYDAUS results for 30-day cigarette smoking among 12th graders were very similar to that of the national survey, Monitoring the Future (MTF).

Building upon the work of the Bureau of Health, OSA has chosen 30-day cigarette use as an area of focus for its State Incentive Grant, One ME - Stand United for Prevention. Using science-based strategies, OSA proposes to achieve a 15% reduction in 30-day use by 2006.

ALCOHOL AND MAINE'S STUDENTS

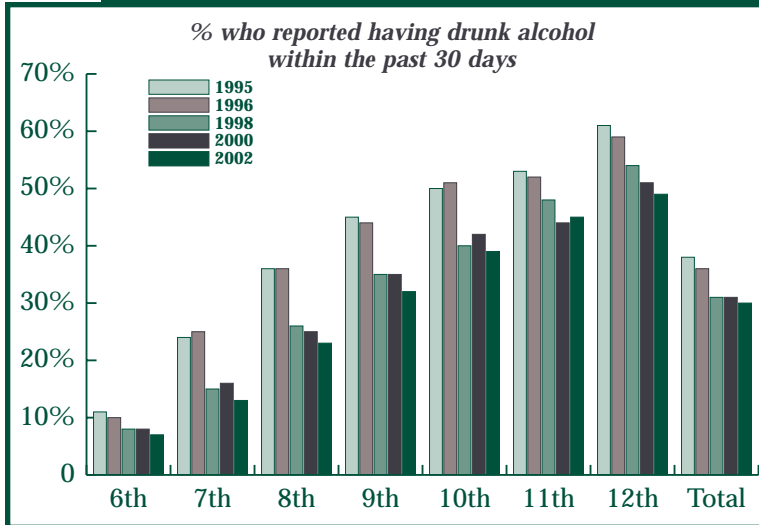
Grades	6th	8th	10th	12th
2002	7.0	22.7	38.8	49.1
2000	8.5	25.1	41.7	51.1
1998	7.7	25.2	39.5	53.2
1996	9.6	35.6	51.0	59.1
1995	11.4	36.4	49.6	60.7

percentage of Maine
students who have
drunk alcohol
in the past
30 days

2002 MYDAUS	7.0	22.7	38.8	49.1	percent Maine
2001 MTF		21.5	39.0	49.8	percent US

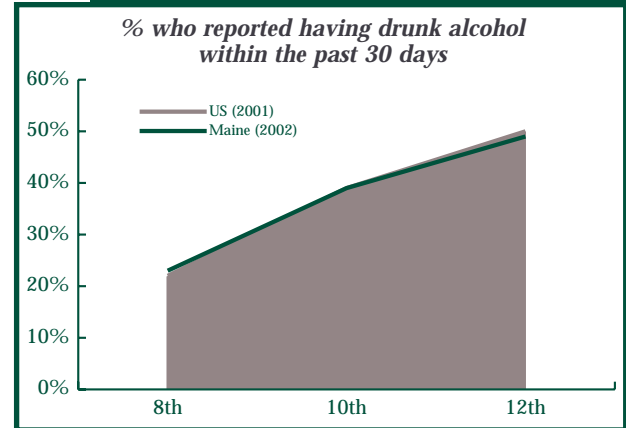
ALCOHOL

MULTI-YEAR COMPARISON



Note scale.

MAINE VS. THE NATION



Note scale.

Implications

Past month alcohol use for all grades combined is down from a high of 38.0% in 1995 to a low of 30.3% in 2002. Although 30-day alcohol use among 12th graders was higher in Maine than in the US from 1995 through 1998, it had steadily decreased to national levels by 2000. As with smoking, the greatest decreases over time have been among the lower grades, including a 46% decrease for 7th graders (from 23.6% in 1995 to 12.7% in 2002).

The Office of Substance Abuse will continue to target alcohol use. Initiatives funded by the Office of Juvenile Justice and Delinquency Prevention's, Enforcing Underage Drinking Laws will continue and may be expanded. These include Maine Youth Voices, the Higher Education Alcohol Prevention Program, alcohol compliance checks, and the sheriff's project. One ME has also targeted 30-day alcohol use, and a Parent Media Campaign will begin in 2003 that focuses on the role parents need to play in addressing underage drinking.

BINGE DRINKING AND MAINE'S STUDENTS

Grades	6th	8th	10th	12th
2002	2.3	10.1	21.0	29.5
2000	2.3	11.4	22.1	29.5
1998	2.4	9.2	20.3	29.9
1996	3.1	15.2	28.6	31.2
1995	3.2	15.2	25.3	38.1

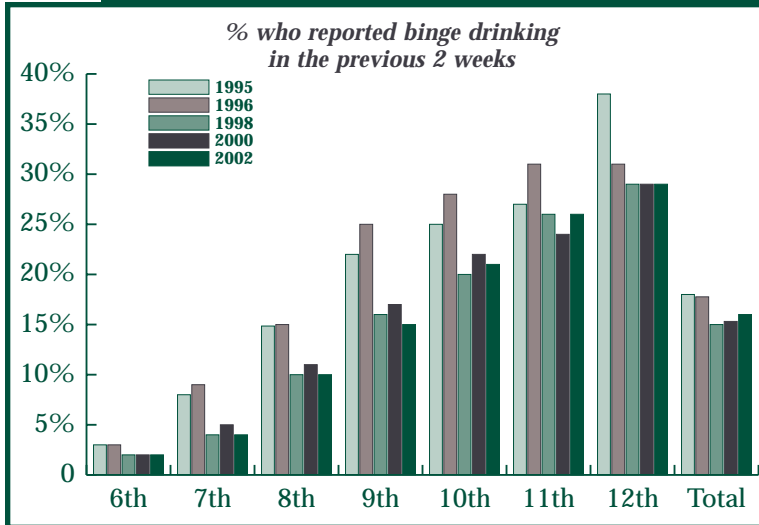
percentage of Maine students who have binged² on alcohol in the previous 2 weeks

2002 MYDAUS	2.3	10.1	21.0	29.5	percent Maine
2001 MTF		13.2	24.9	29.7	percent US

²Five or more alcoholic drinks in a row.

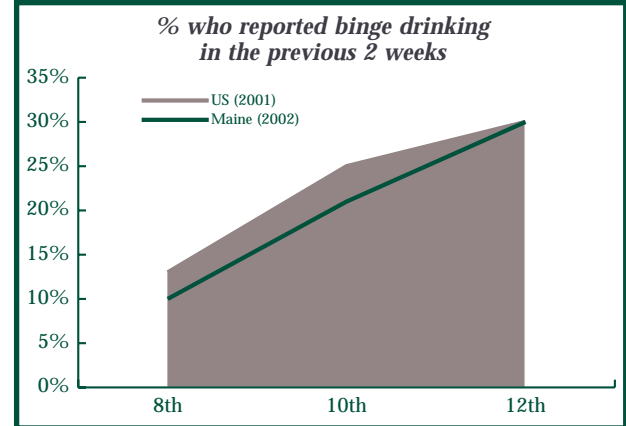
BINGE DRINKING

MULTI-YEAR COMPARISON



Note scale.

MAINE VS. THE NATION



Note scale.

Implications

The binge drinking rates remain lower than those seen in 1995 and 1996. The rates for grades 6th through 12th have either gone down or remained the same since the 2000 survey, with the exception of the 11th grade.

Maine's rates remain below the national rates for binge drinking, for all grades but 12th.

As noted in the previous section on alcohol, the Office of Substance Abuse is involved in a number of initiatives geared toward reducing drinking by youth. This remains a top priority.

MARIJUANA AND MAINE'S STUDENTS

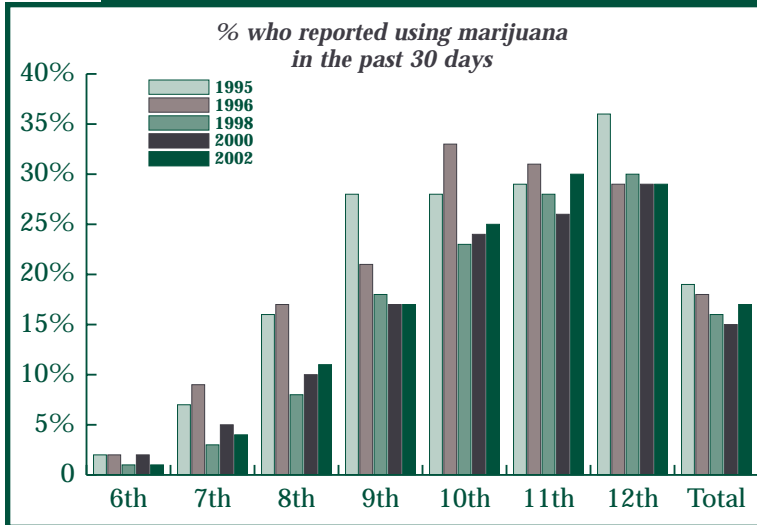
Grades	6th	8th	10th	12th
2002	1.4	10.5	24.5	28.8
2000	1.7	9.9	23.7	29.0
1998	1.2	8.2	22.7	30.4
1996	1.7	17.3	33.2	28.6
1995	2.3	16.0	27.9	35.8

percentage of Maine
students who have
smoked marijuana
in the past
30 days

2002 MYDAUS	1.4	10.5	24.5	28.8	percent Maine
2001 MTF		9.2	19.8	22.4	percent US

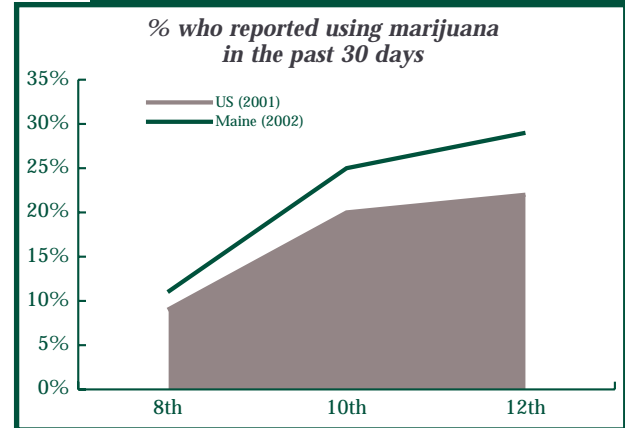
MARIJUANA

MULTI-YEAR COMPARISON



Note scale.

MAINE VS. THE NATION



Note scale.

Implications

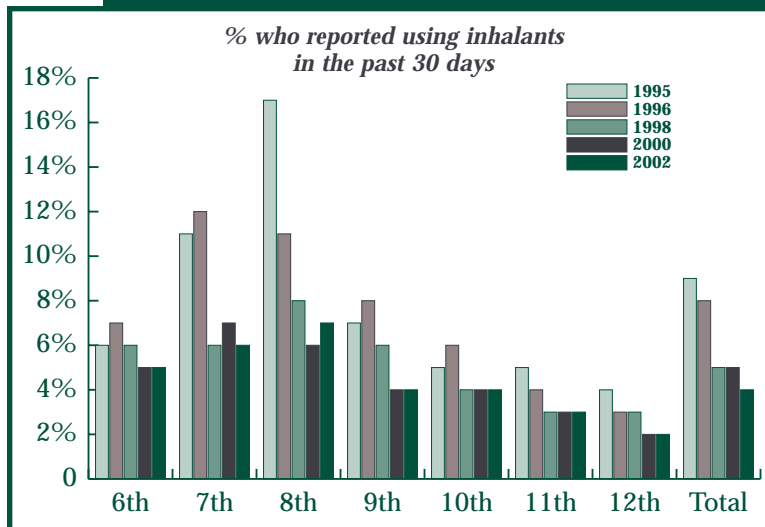
Among all grades combined, marijuana use has increased since the 2000 survey. Use among Maine's 8th, 10th, and 12th graders exceeded those of the students participating in the 2001 MTF. Also, the proportion of high school students that reported smoking marijuana exceeded the proportion currently smoking cigarettes (e.g., 19.3% of 10th graders are current cigarette smokers compared to 24.5 % who currently smoke marijuana).

OSA will work with schools, One ME grantees, and funded programs to focus attention on marijuana use. In addition, the Healthy Maine Partnership has adopted the Life Skills program for use in schools. This program has shown reductions in marijuana use.

Marijuana is an inherently difficult drug to combat for a number of reasons. Although current literature describes marijuana as having possible long-term effects on memory and learning as well as containing higher levels of carcinogens than cigarette smoke, it is often difficult to make the message meaningful for youth. Marijuana is the primary substance abused by youth entering treatment in Maine and is second for adults entering treatment.

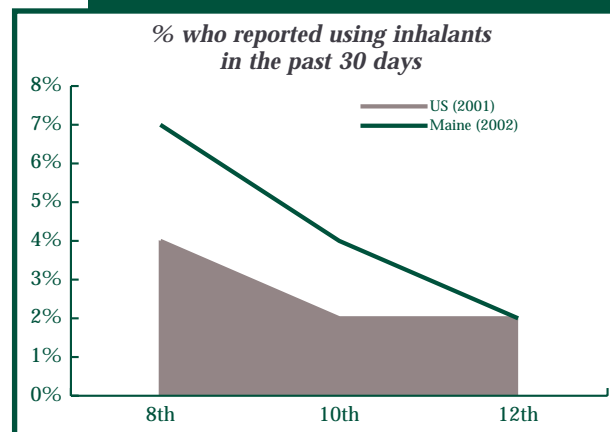
INHALANTS AND MAINE'S STUDENTS

MULTI-YEAR COMPARISON



Note scale.

MAINE VS. THE NATION



Note scale.

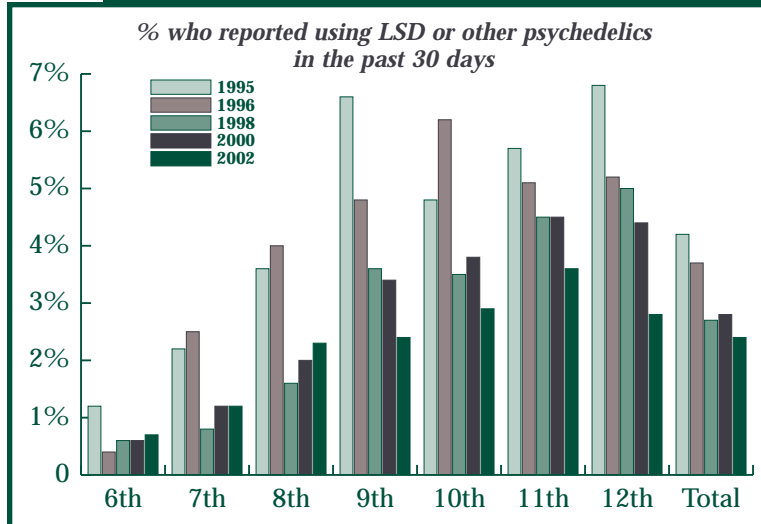
Implications

Unlike most drug use, which increases in prevalence with increasing grade level, the greatest proportion of students using inhalants is in the 7th and 8th grades. The 8th grade is also where the greatest decline in use has occurred since 1995 - down to 6.8% from 16.6%. The prevalence of use among Maine's 8th graders has not decreased since the 2000 survey, and since 1995 has been consistently higher than among 8th grade students in the US as a whole.

This trend is indicative of the difficulty younger students have in obtaining other drugs and alcohol as inhalants are generally available household supplies. Identifying inhalant use allows us to intervene early in students drug abusing behavior.

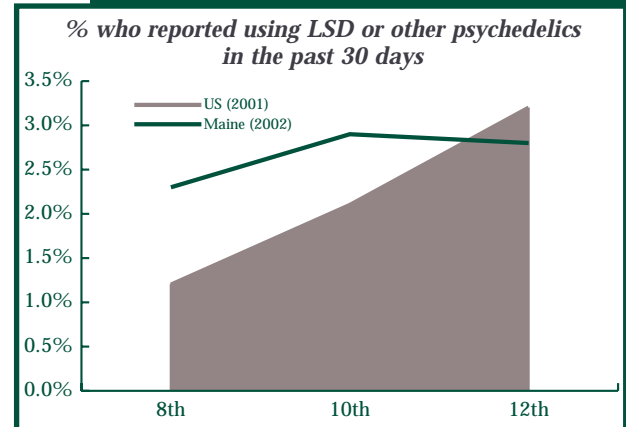
LSD AND OTHER PSYCHEDELICS AND MAINE'S STUDENTS

MULTI-YEAR COMPARISON



Note scale.

MAINE VS. THE NATION



Note scale.

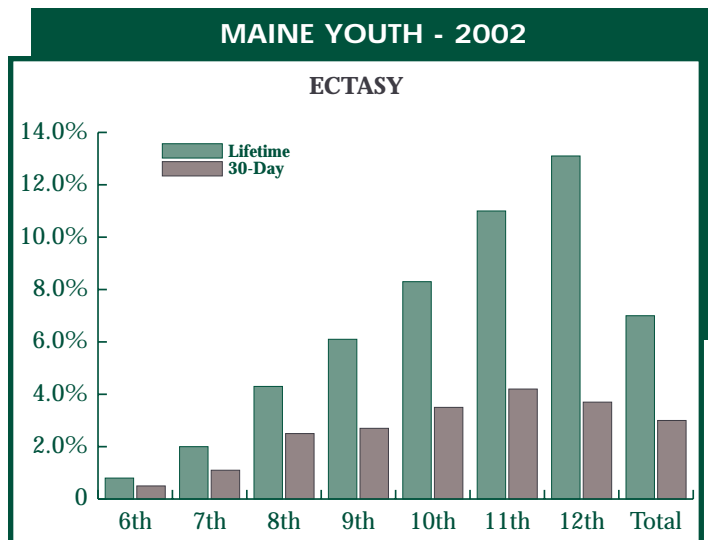
Implications

The use of LSD and Other Psychedelics is low but bears watching. OSA will continue to monitor use of this class of drugs whose popularity waxes and wanes.

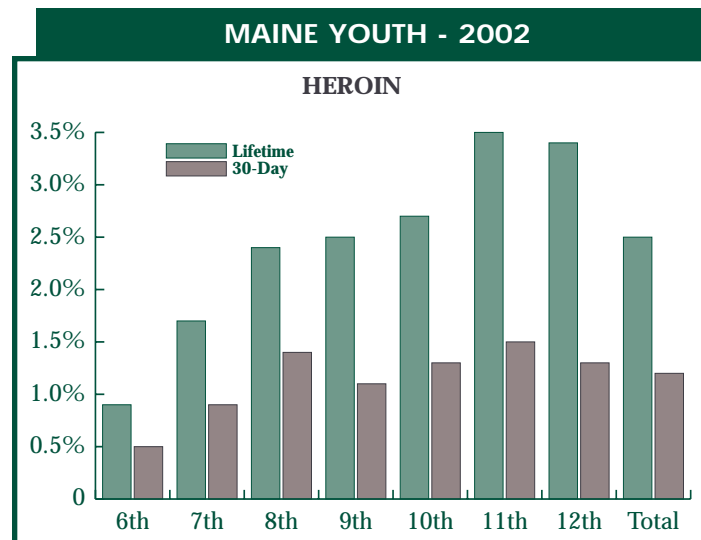
EMERGING TRENDS IN DRUG USE

The 2002 MYDAUS includes, for the first time, questions on lifetime and 30-day use of Ecstasy (MDMA), heroin, the prescription opiate OxyContin, and “other prescription drugs” not prescribed by a physician.

Most students abusing heroin, Ecstasy and OxyContin are abusing other substances. Targeting alcohol and marijuana use may impact use of these other substances. In addition, OSA will continue to offer Reconnecting Youth training for schools wishing to implement this indicated program that has been shown to be effective in reducing “hard” drug use.



Note scale.

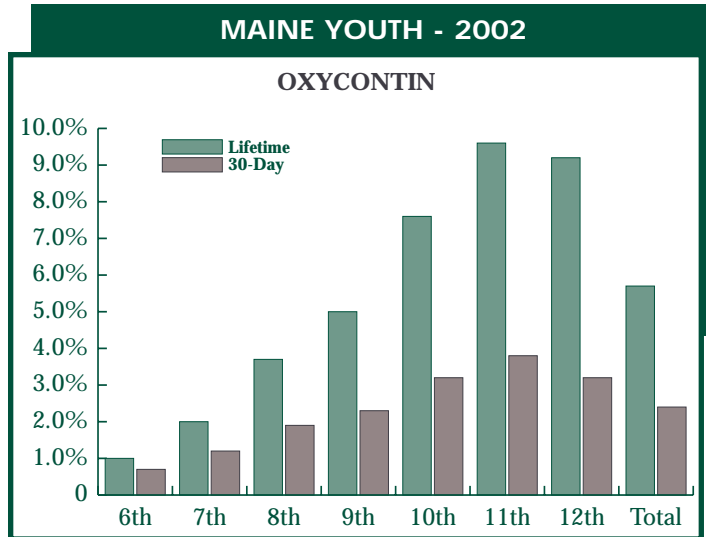


Note scale.

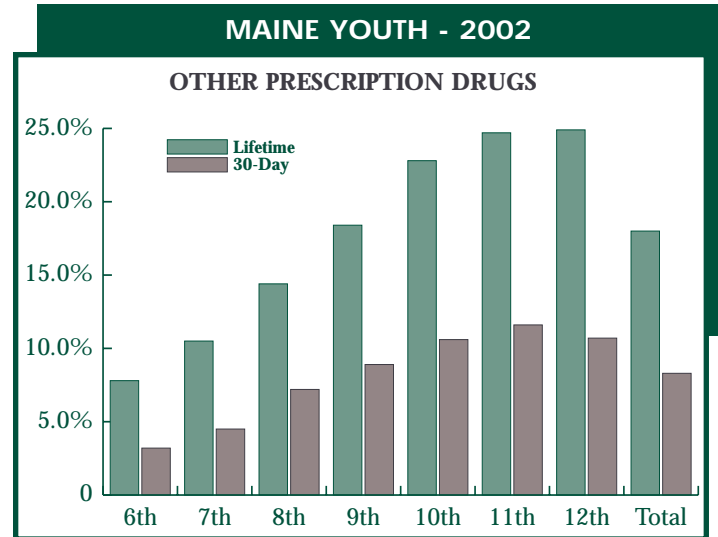
Almost 15% of high school seniors having tried Ecstasy in their lifetime. Heroin use is very low but will need to be watched over time as there is a trend in the adult population to move from prescription opiates to heroin which is cheap and plentiful.

EMERGING TRENDS IN DRUG USE

The figures for Oxycontin demonstrate the problem with Oxycontin in Maine that started as an adult phenomenon but has carried over to youth. Several initiatives are underway to help with this issue, including working with pharmacies and the pharmaceutical company.



Note scale.



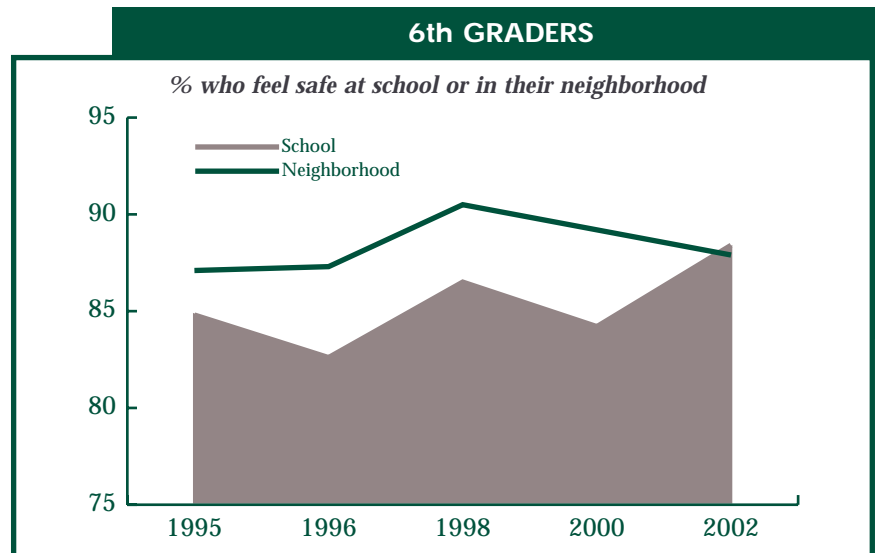
Note scale.

Prescription drug use is a primary target of prevention in addition to alcohol and marijuana. OSA believes there is a mistaken sense of safety regarding the abuse of prescription drugs. It is developing a public education in response to this emerging trend. Teens and parents will be targeted about the risk of prescription drug abuse.

SAFETY AND VIOLENCE

Under the Safe and Drug Free Schools program, Maine school administrators have placed an increased emphasis on safety and violence prevention in their schools. In the past two years:

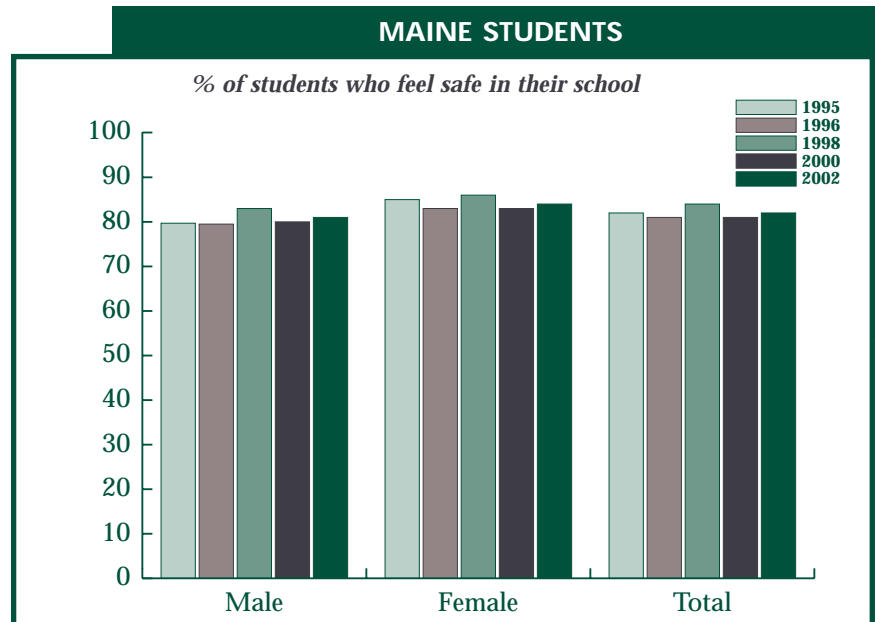
- Violence prevention instruction rose to the second most common prevention type of program,
- Violence was a major focus of school prevention training for staff and faculty with 45% of all staff development programs emphasizing violence prevention.



There has been an increase in 6th graders who feel safe at school but a small decline in those reporting that they feel safe in their neighborhoods.

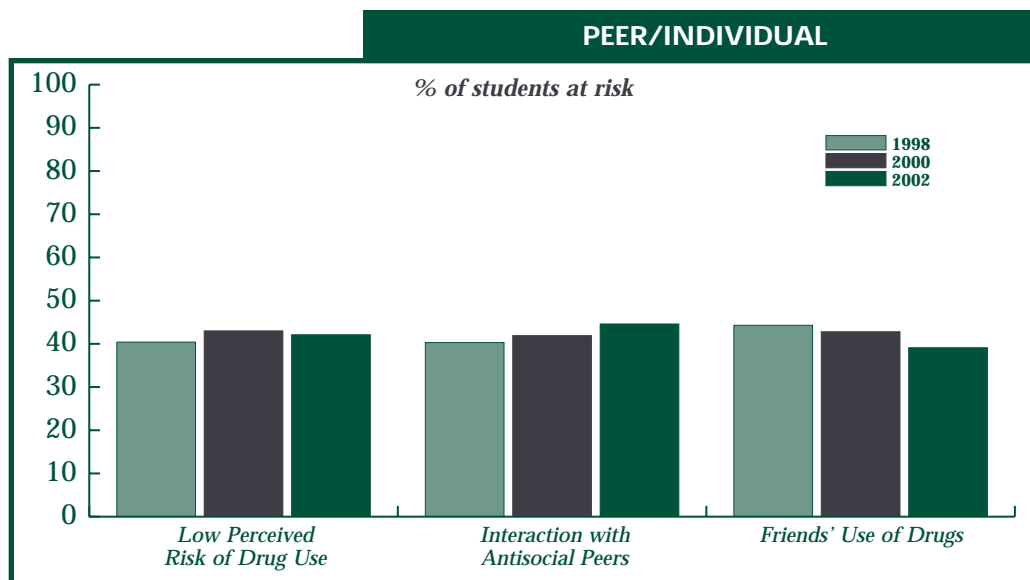
SAFETY AND VIOLENCE

There has been an increase in the proportion of students who feel safe in their schools since the 2000 survey. Female students report feeling somewhat safer than the male students.



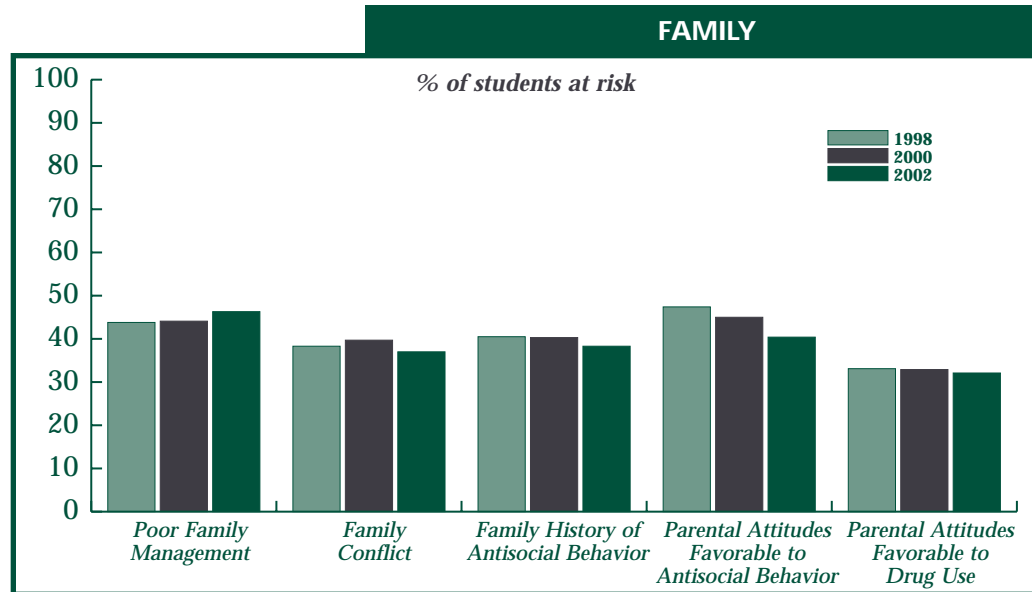
RISK AND PROTECTIVE FACTORS

Researchers have identified several risk and protective factors that are linked to the incidence of drug use and associated prohibited behaviors. Risk factors are associated with increased incidence of these behaviors and protective factors are associated with a lower incidence. These risk and protective factors are grouped by the students' four social environments: Peer/Individual, Family, School and Community, and are generated for grades 6, 8, 10, and 12. For this report, the results for the four grades are combined and highlights are given below.



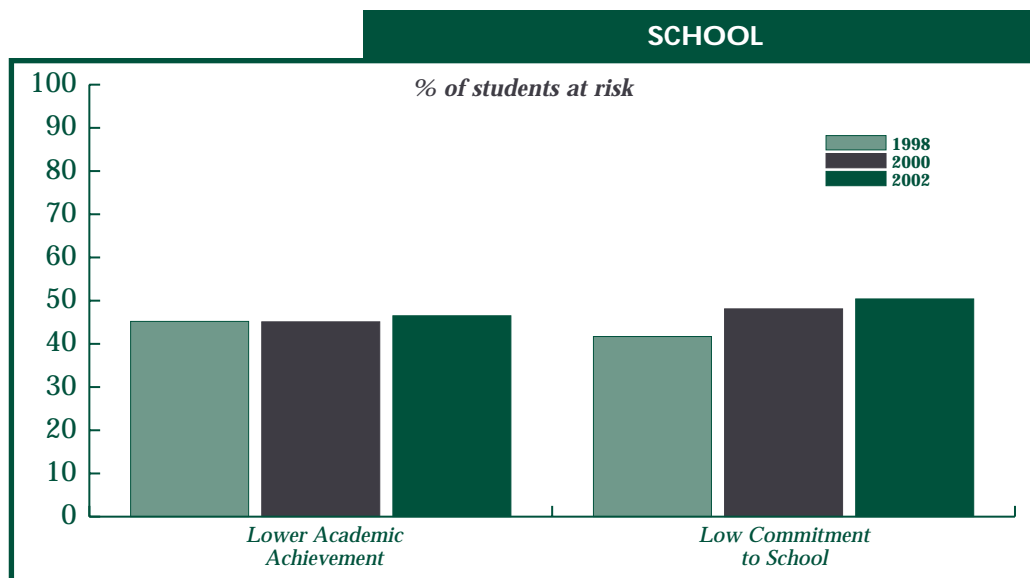
The proportion of students who have a low perceived risk of drug use has changed little over the last 3 years, from a low of 40.4% in 1998 to a high in 2000 of 43.0% and down to 42.1% in 2002. “Interaction with Antisocial Peers” and “Friends’ Use of Drugs”, show opposing trends over this time period; “Interaction with Antisocial Peers” has increased somewhat from 40.3% to 44.6% while “Friends’ Use of Drugs” has gone down from 44.5% to 39.1%.

RISK AND PROTECTIVE FACTORS



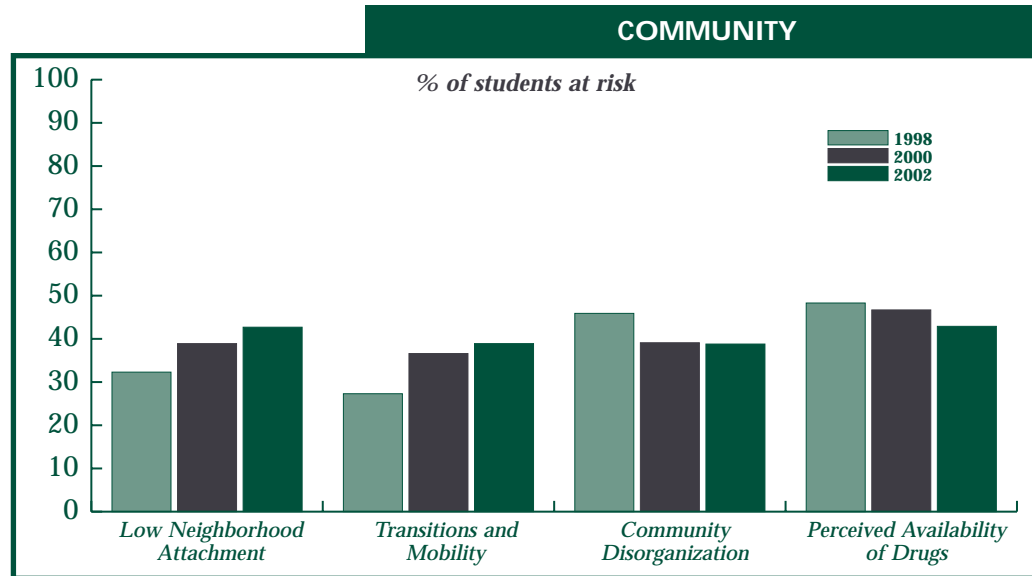
Overall, from 1998 to 2002 we see little change in the proportion of students at risk because of family attitudes and behaviors. “Poor Family Management” increased somewhat between 2000 and 2002, but the most positive change was in “Parental Attitudes Favorable to Antisocial Behavior” which went down from 47.4% of students at risk in 1998 to 40.4% in 2002.

RISK AND PROTECTIVE FACTORS



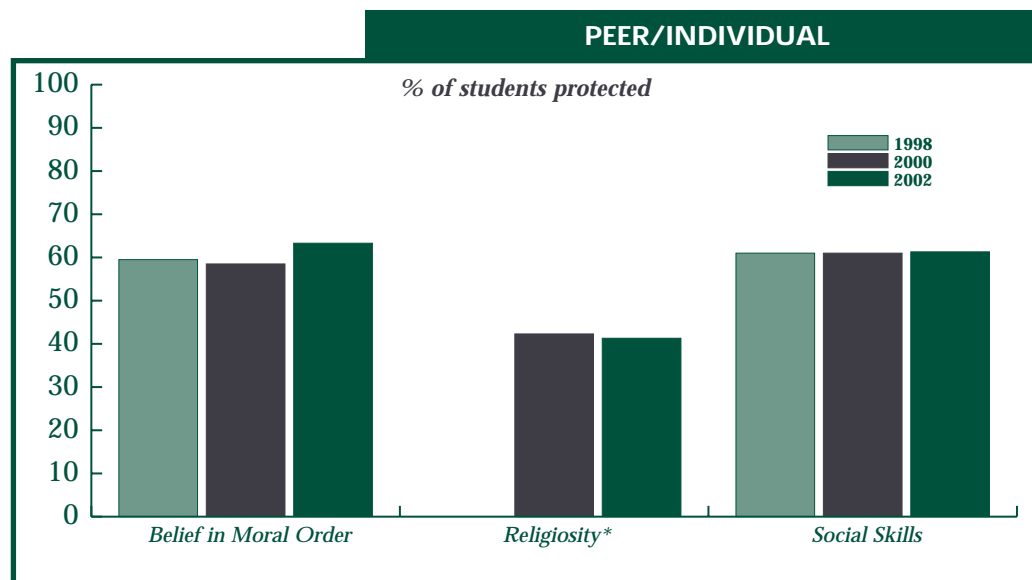
There was very little change in the proportion of students at risk due to “Low Academic Achievement”; however, there was an increase in the proportion of students at risk due to “Low Commitment to School”, increasing to half (50.4%) by 2002.

RISK AND PROTECTIVE FACTORS



Since 1998, there is an increase in two related Community Risk Factors, “Low Neighborhood Attachment” and “Transitions and Mobility”. The proportion of students at risk for both increased from around 30% to approximately 40%. Acting counter to this trend, “Community Disorganization” decreased from 45.9% in 1998 to 38.8% in 2002, and “Perceived Availability of Drugs” decreased from 48.3% to 42.9% during the 3-year period.

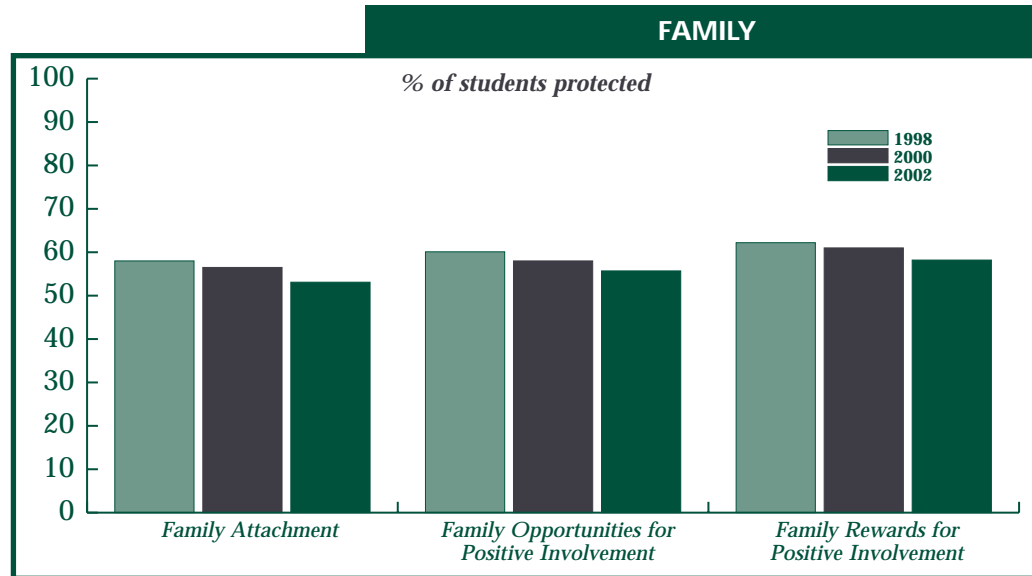
RISK AND PROTECTIVE FACTORS



*Not included prior to 2000

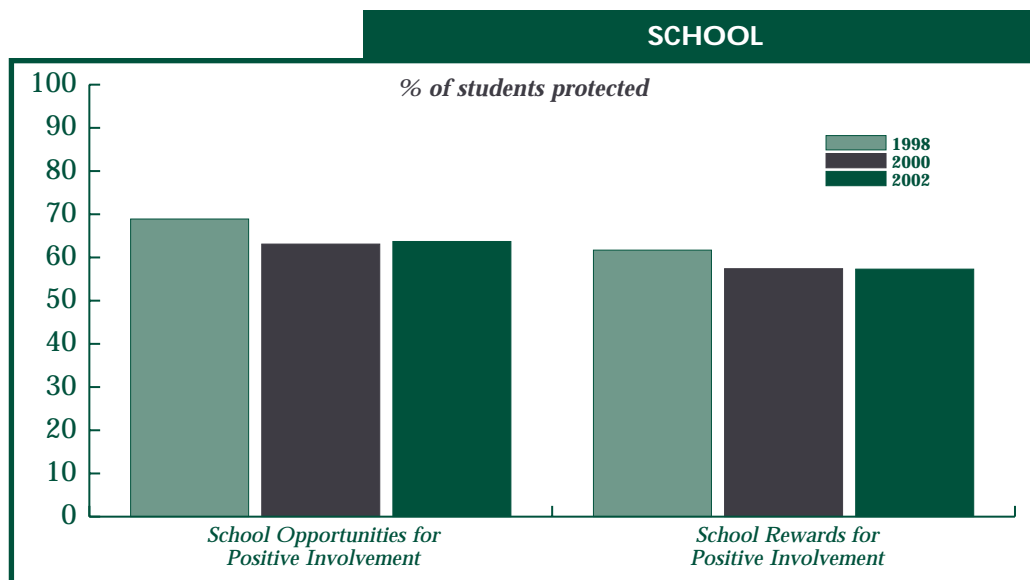
In the Peer/Individual domain we see little change in the proportion of students protected due to religious beliefs (“Religiosity”); 42.3% in 2000 and 41.3% in 2002, the two years that the question was included in the survey. Nor did “Social Skills” improve, but “Belief in a Moral Order” increased from 59.5% in 2000 to 63.3% in 2002.

RISK AND PROTECTIVE FACTORS



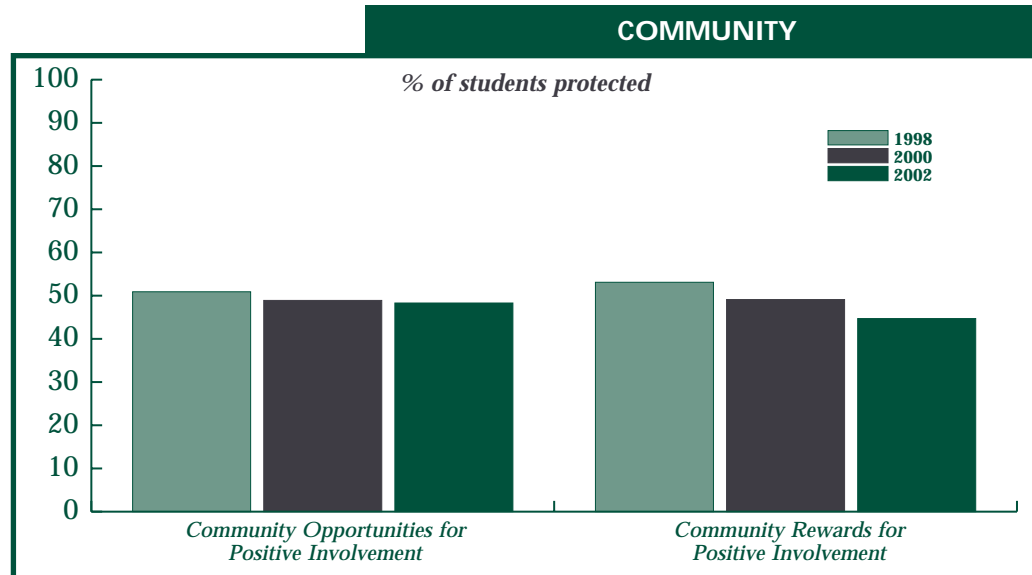
The three protective factors in the family domain decreased by several percentage points since 1999; “Family Attachment” decreased from 58.0% to 53.1%, “Family Opportunities for Positive Involvement” decreased from 60.1% to 55.7% and Family Rewards for Positive Involvement” decreased from 62.2% to 58.2%.

RISK AND PROTECTIVE FACTORS



The greatest proportion of students are protected due to “School Opportunities for Positive Involvement”. This protective factor and “School Rewards for Positive Involvement” has remained the same since 2000.

RISK AND PROTECTIVE FACTORS



As with School Protective Factors, the Community Protective Factors declined between 2000 and 2002. “Community Opportunities for Positive Involvement” remained essentially the same since 2000 and “Community Rewards for Positive Involvement” showed a decrease from 49.1% down to 44.7%.

MYDAUS 2002 TABLES

TABLE 1. Percentage of 6th, 8th, 10th, 12th Graders Who Report Use of Alcohol, Tobacco or Other Drugs

Past 30 Day CIGARETTE USE			BINGE DRINKING (2 weeks)			Past 30 Day INHALANT USE		
	<i>Nat'l*</i> 2001	<i>Maine</i> 2002		<i>Nat'l*</i> 2001	<i>Maine</i> 2002		<i>Nat'l*</i> 2001	<i>Maine</i> 2002
6th Grade		2.8	6th Grade		2.3	6th Grade		4.8
8th Grade	12.2	11.4	8th Grade	13.2	10.1	8th Grade	4.0	6.8
10th Grade	21.3	19.3	10th Grade	24.9	21.0	10th Grade	2.4	3.6
12th Grade	29.5	26.1	12th Grade	29.7	29.5	12th Grade	1.7	2.4

Past 30 Day ALCOHOL USE			Past 30 Day MARIJUANA USE			Past 30 Day LSD/Other Psychedelics USE		
	<i>Nat'l*</i> 2001	<i>Maine</i> 2002		<i>Nat'l*</i> 2001	<i>Maine</i> 2002		<i>Nat'l*</i> 2001	<i>Maine</i> 2002
6th Grade		7.0	6th Grade		1.4	6th Grade		0.7
8th Grade	21.5	22.7	8th Grade	9.2	10.5	8th Grade	1.2	2.3
10th Grade	39.0	38.8	10th Grade	19.8	24.5	10th Grade	2.1	2.9
12th Grade	49.8	49.1	12th Grade	22.4	28.8	12th Grade	3.2	2.8

Past 30 Day Use of SELECTED DRUGS				
	<i>Heroin</i>	<i>Ecstasy</i>	<i>OxyContin</i>	<i>Other Prescription Drugs</i>
6th Grade	0.5%	0.5%	0.7%	3.2%
8th Grade	1.4%	2.5%	1.9%	7.2%
10th Grade	1.3%	3.5%	3.2%	10.6%
12th Grade	1.3%	3.7%	3.2%	10.7%

MYDAUS 2002 TABLES

TABLE 2. Risk Factors

	1998	2000	2002
Community			
Low Neighborhood Attachment	32.3	38.9	42.7
Transitions & Mobility	27.3	36.6	38.9
Community Disorganization	45.9	39.1	38.8
Perceived Availability of Drugs	48.3	46.7	42.9
Family			
Poor Family Management	43.8	44.1	46.3
Family Conflict	38.3	39.7	37.0
Family History of Antisocial Behavior	40.5	40.3	38.3
Parental Attitudes Favorable to Antisocial Behavior	47.4	45.0	40.4
Parental Attitudes Favorable to Drug Use	33.1	32.9	32.1
School			
Lower Academic Achievement	45.2	45.1	46.5
Low Commitment to School	41.7	48.1	50.4
Peer/Individual			
Low Perceived Risk of Drug Use	40.4	43.0	42.1
Interaction with Antisocial Peers	40.3	41.9	44.6
Friends' Use of Drugs	44.3	42.8	39.1

Protective Factors

	1999	2000	2002
Community			
Community Opportunities for Positive Involvement	50.9	48.9	48.3
Community Rewards for Positive Involvement	53.1	49.1	44.7
Family			
Family Attachment	58.0	56.5	53.1
Family Opportunities for Positive Involvement	60.1	58.0	55.7
Family Rewards for Positive Involvement	62.2	61.0	58.2
School			
School Opportunities for Positive Involvement	68.9	63.1	63.7
School Rewards for Positive Involvement	61.7	57.4	57.3
Peer/Individual			
Belief in Moral Order	59.5	58.5	63.3
Religiosity*	n/a	42.3	41.3
Social Skills	61.0	61.0	61.3

MYDAUS 2002 INFORMATION

Survey Participants

In February of 2002, Maine students participated in the MYDAUS. All public schools in Maine with any grades 6 through 12 were solicited to participate in the 2002 MYDAUS in order to increase usable data and to provide local, objective data to schools applying for funds under the Safe and Drug Free Schools and Communities Act. Participation in the survey, although encouraged, was voluntary.

Forty-eight percent (48%) of eligible public school students in grades 6 through 12 participated. There were 56,719 usable surveys from 270 of Maine's 442 eligible public schools. All 16 counties were represented in the survey.

The gender breakout of the students participating were:

Female	26,564
Male	25,251
Missing	4,904

The grade breakout of the students participating were:

6th grade	9,119
7th grade	9,392
8th grade	9,395
9th grade	8,006
10th grade	7,840
11th grade	6,773
12th grade	5,607
Missing	587

For more information regarding the Maine Youth Drug and Alcohol Use Survey (MYDAUS) please visit the Office of Substance Abuse website at www.maineosa.org.

Additional print copies of this document as well as the 2002 MYDAUS Technical Report are available by contacting the:

Information and Resource Center
1-800-499-0027 (In-State Only) or 207-287-8900
TTY: 1-800-215-7604 (In-State Only) or
207-287-4475 (Special Equipment Needed)
Fax: 207-287-8910
Email: osa.ircosa@maine.gov

In accordance with federal and state laws, the Department of Behavioral and Developmental Services does not discriminate on the basis of sex, race, religion, color, national origin, creed, disability or age, in admission or access to treatment, services, or employment in its programs and activities.

This publication may be made available in alternate formats upon request.

